



Lighthouse of Iowa

Keeping in touch with Iowa's Churches of Christ

August 2019

Meditation with God

By John Lee

What is the most neglected worship in your life: Singing, praying reading, studying...? Well we can all see the need to improve in each of these areas but we do them to some extent. But there is one that many or even most *never* venture into: MEDITATION.

"We spend most of our lives," said Evelyn Underhill, "conjugating three verbs: to want, to have and to do. But none of these has any ultimate significance until it is transcended by and included in the fundamental verb, to be."

For Christians, the essence of "to be" is to be like Christ: *"Let this mind be in you, which was also in Christ."* (Philippians 2:5)

Implied in this admonition is that our minds and therefore we are not always like Christ. If this is true then a very important task for us is the orientation of our minds, our thinking, so that it becomes Christ like. We are to replace our thoughts with Godly thoughts; our ways with His ways. But how?

The exchanging of our thoughts for His is a process. A process that feeds on the Word of God and must always be filtered by and through that Word. A process to which the Psalmist refers.

"But his delight is in the law of the Lord; and in His law does he meditate day and night." (Psalms 1:2)

Here we have the divine exchange, the mind renewal, the mental regeneration laid before us. His Word shows and tells us not simply what to think but how to think. And it is meditation that truly and forcefully implants those thoughts not only in our minds but in our

Christian meditation internalizes and personalizes the Scripture so that its truths affect our thought, our attitude, our action and our lives.

hearts as well. As we study His Word we learn what and how we should think, but as we meditate on those things it is embedded. And this explains why many more know what God wants them to do than ever achieve that Christ-like mind for themselves.

To meditate means "to care for, to ponder, to attend to" from the Greek word *meletao*.

Paul admonishes Timothy to do this: *"Meditate on these things; give yourself entirely to them, that your progress may be evident to all."* (1 Tim 4:15)

and indicates it is key to Timothy's progress.

Scriptural meditation is not sitting and contemplating world philosophies nor is it succumbing to chants and repetitions. Such things open us to Satan's aggression.

Meditation is also more than study or reading of the word. Rather it is the action of recalling, reflecting, ruminating and thinking deeply on the riches of God and His Word.

In study we walk over and through the pages, but in meditation we ruminate down into them. We take them with us for prolonged thought and consideration. Meditation detaches our mind from the distractions of Satan and the world and reattaches them to the thinking and thoughts of Christ. It is the process wherein the Word becomes something we not only read but ingest. Christian meditation internalizes and personalizes the Scripture so that its truths affect our thought, our attitude, our action and our lives.

Therefore, when we try to gain the mind of Christ or be like Christ in the absence of meditation, we will find frustration and never achieve the essential goal.

Yet for many, mediation is a lost, or more likely, a never developed part of their Christianity. And it should not surprise us that a society that wants

everything fast and easy would also want to give us instant *"Mind of Christ"*. But such is not the way of the Lord.

Quiet, meditative times have always been a key ingredient in the Lord's recipe for godly development. It is an invaluable companion of godly men and women.

Time for rumination, quiet time away from distractions, alone with God and his word are the enrichers of our minds.

While many struggle with the reading and studying of God's word, I fear far more struggle with the discipline of meditation. Where we see not simply how much we can read, but how fully we can glean every morsel of spiritual nourishment from each admonition.

Godly meditation is a difficult, time consuming work and therefore largely avoided. Next to fasting, it may be our most neglected resource.

Yet the truest value of reading God's word, of studying the lives and sayings of God's holy people comes as we take time to extract the nourishment from them by chewing and digesting God's holy food so that its saving strength can pass into our most inner being.

Meditation is the shovel which allows us to not only spade the surface, but mine the deeper gems

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from the depths of God's word. In *Celebration of Discipline*, Richard Foster describes Christian meditation as "sinking down into the light and life of Christ and becoming comfortable in that posture. The perpetual presence of the Lord...moves from a theological dogma to a radiant reality."

Does meditation play a central role in your spiritual life? Allowing you to sink down into Christ's light and life allowing Him to become a radiant reality. It is vitally important to structure some definitive time every day for reflection, introspection and meditation. Focusing our minds on Christ for at least a few minutes each day. Being silent at day's start knowing that He should speak first, being silent at day's end knowing God should have the last word. If we don't, we continue like rocks skimming across life's surface, never slowing down enough to truly sink in and reach life's true depths.



John Lee was born Clarinda , Iowa and raised in Martinsville, Indiana. After graduating from Indiana University with a degree in microbiology and biochemistry, he moved to the Kansas City, Missouri area where he met his wife Donna and where they continue to live. They have been married 46 years and have 2 sons. John is an evangelist sent out by the Smart Road Church of Christ in Lees Summit, Missouri.

Chariton

Meeting times: Sundays: 10:00 a.m. (no evening services)

Location: 15th & Roland, Chariton, Iowa

For information call: Albert Schreck (641) 535-2381 or Brian Schreck (641) 535-2931

- Norm and Mary Jo Riekens have improved some and were able to attend services a couple of times this past month.
- Brian and Tammy Schreck attended the campout in Eminence.
- Visitors this past month were Ashley and Aella Fenton and Bruce and Sue Schreck.

July News sent but not published

- **Norm and Mary Jo Riekens** have not been doing well and were both hospitalized recently. **Norm** was having problems with his blood pressure which they are treating with medication. **Mary Jo** has some heart failure which they are also treating with medication but she does not have the strength to be out much. She has been unable to attend services this past month.

- Carol Smead's husband, John, has been having problems with his diabetes and spent some time in the hospital.
- Delores VanEgdom continues to get shots in her eye trying to improve her vision.



August Birthdays

- ★ 4 Delores VanEgdom

August Anniversaries

- ★ None

Dean Avenue

Meeting times: Sundays: 9:30 a.m. & 6:00 p.m. ♦ Wednesdays: 7:00 p.m.
Last Sunday of the month: A social after morning services meeting back at 1 pm instead of 6 pm.
Location: 2907 Dean Ave., Des Moines, Iowa / P.O. Box 57398, Pleasant Hill, IA 50327
For information call: John McNeece (515) 263-9428

- Mike and Shawna Davis from Martensdale met with us, and Mike gave an excellent exhortation.
- Mary Lou Allen had an episode when her heart went into A-fib. She has an appointment with a cardiologist.
- Glenn Meacham is now residing at The Villages in Indianola. His birthday is August 4th, and he could use some cheering up.
- Peg Warren’s knee is very swollen and painful. Neal was in Fleur Heights for more care. He fell and is now in Mercy Hospital. They both could use prayers.
- Ron & Karma Sharp, Skip & Risa Schamel and Greg & Linda Head all vacationed in the southwest and west.

- Visitors: Bill, Bryan, Max and Tally Charlier, Nancy and Zoey Evans, Betty Warren, Shawn Head, Brita Daly and Charlie Kelsey...



August Birthdays

- ★ 2 Shirley McNeece
- ★ 4 Glenn Meacham
- ★ 18 Ron Sharp

August Anniversaries

- ★ 7 Peter & Frances Hawthorne
- ★ 9 Don & Cathy James
- ★ 25 Johnie & Donna McNeece

Fairview

Meeting times: Sundays: 10:00 a.m. ♦ Wednesdays: 7:00 p.m.
Location: 1001 S. 22nd St, Clarinda, Iowa 51632
For information call: Richard Negley (712)542-3728 or Marvin Negley (712)542-2792

Visitors

- Paul, Dasha & Brio Negley from Urbandale, IA
- Mary Smith & Granddaughter Aubrey Parrott from Savannah, MO.



August Birthdays

- ★ 21 – Bobbi Swisher
- ★ July 13 – Nathan Head’s 1st Birthday missed last month!

Martensdale

Meeting Times: Sundays: 10:00 a.m. & 6:00 p.m. ♦ Wednesdays: 7:00 p.m.
1st & 3rd Sunday of the month: Basket dinner after morning service, meeting back at 1 pm instead of 6 pm.
Location: 10985 44th Lane, Prole, Iowa (1.5 miles east of Martensdale, IA on Hwy. 92)
For information call: Duane Proudfit (515) 961-4470 or Mike Penick (515) 681-0279

- Marlene Bown has been diagnosed with lung cancer. It has spread to her liver and bones. Her health is deteriorating rapidly and she has been moved to the Mercy Hospice House in Johnston, Iowa.
- Wendy Hounsom continues to suffer from pain. She made a trip to the Cancer Treatment Centers of America in Chicago where they continue to monitor her health.

- **Millicent (Millie) Michaelle Teghtmeyer**, weighing 7.2 pounds and 20" long, was born Wednesday, July 24 with furry dark hair and "a strong set of pipes" as Dad puts it. Mom did an excellent job. They said their dog is a bit confused.



August Birthdays

- ★ Alena Ingle August 3
- ★ Rodney Ingle August 5

August Anniversaries

- None

Pleasant Hill

Meeting Times: Sundays: 9:30 a.m. & 6:00 p.m. ♦ Wednesdays: 7:00 p.m.
Every Sunday: Potluck with afternoon service (Every Sunday – Dec 2 thru Feb 24)
Location: 5091 E. University, Pleasant Hill, Iowa
Website: pleasanthillchurchofchrist.org
For information call: Lowell Hermon (515) 989-0727, Mike Warner (515) 967-4529

- **Kinnick Ingle was baptized and we welcome him to our family!**
- Brandon Ingle left in early July for more military training in Kentucky.
- Margaret Franklin is moving from Iowa City to Coralville in August.
- Nora Lee Ingle's oldest son Ned (from Ft. Dodge) along with his son Jarrod and his family from California will be visiting Nora Lee and taking her to dinner.
- Marian Parrish's daughter, Connie Mienicks' husband, Lou, passed away July 26th.

Still many illnesses

- Mary Alice Fillman not doing well; she has been taken to Lutheran Hospital and then go to a nursing home from there.
- Theresa Ingle battling bad headaches.
- Sophia George still battling health issues with no concrete results from testing yet.

Several visitors this month

- Margaret Franklin and granddaughters Diamond and Dominique
- Miles Wood's parents, Steve & Deb
- Buddy Bruce traveling through from North Carolina; associated with the NASCAR races

- Tom Travis from New Hampshire... a Navy buddy of Kelly George's; came back to visit and be here for Kelly's 50th Surprise Birthday party!

Those having traveled

- The Brady Bunch to Branson, Missouri
- Jason & Theresa Brady to northern Iowa
- Steve & Nancy Brady to Colorado
- Several families from our congregation will be traveling to Colorado to attend Nick Hermon and Kayley Zimmerman's wedding on August 10, at Estes Park.

Events

- The Dan & Amy Pritchard family has invited the congregation to their home on Friday, August 2, at 6:00 p.m. to watch the hot air balloons as well as swimming. Walking tacos will be served; others bring side dishes please.

- A couples bridal shower will be held August 24, at 6:00 p.m. for Megan Stevens and Ethan Schreck.



August Birthdays

- ★ 4 ~ Carson George
- ★ 6 ~ Marilyn McClurg
- ★ 9 ~ Suzanne Harvey
- ★ 11 ~ Danielle Brand
- ★ 12 ~ Elijah Ingle
- ★ 14 ~ Troy Brand
- ★ 25 ~ Jack Flickinger
- ★ 26 ~ Amy Pritchard

Anniversaries

- ★ 15 ~ Troy & Dani Brand
- ★ 19 ~ David & Joyce Ingle
- ★ 25 ~ Paul & Michele Zinnel

Vandalia

Meeting Times: Sundays: 9:30 a.m. & 7:00 p.m. ♦ Wednesdays: 7:30 p.m.

Location: 2.5 miles east of Runnells, Iowa on F70, then 1 mile north on 131st St.

Website: vandaliacoc.com

For information call: Greg Ingle (515) 994-2824 or Charles Ingle (515) 966-2537

- **Melda Ingle is very happy to be back home** after undergoing rehab at Prairie Vista in Altoona.
- **We sang with the residents** at Altoona Nursing and Rehab Center on a recent Sunday evening.
- Mike and Joy Cummings visited family in Brookfield, MO.
- Greg and Margaret Ingle spent their vacation at Clear Lake.
- Laura Dowdy and children visited family in KY.
- Derek Ingle attended a seminar in MI.
- Lynnette Dowdy visited Jason and Autumn Dowdy and family in MO.
- Our visitors were: Logan Porter, Vanessa Groves, and Valerie Burkman.



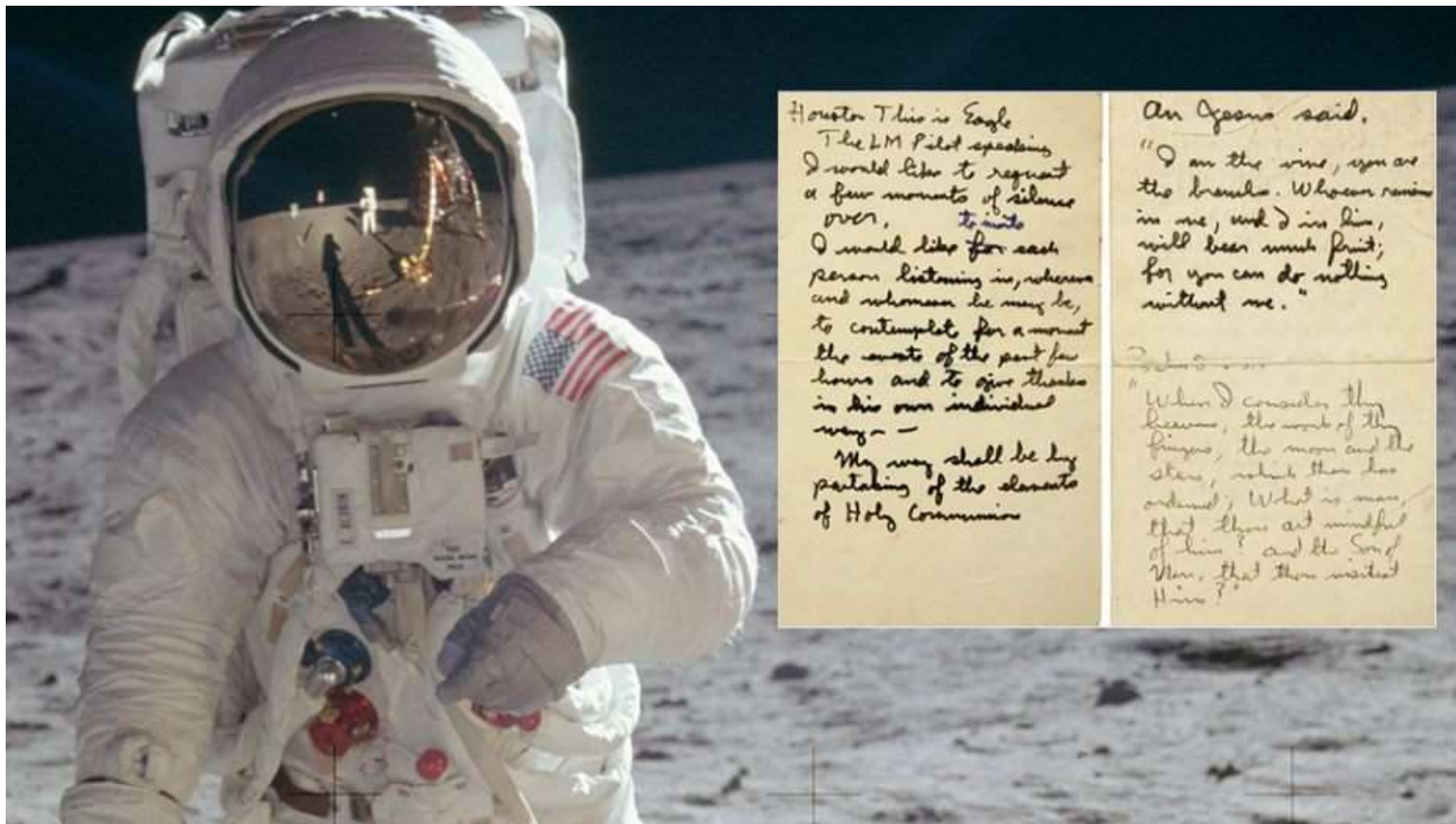
August Birthdays

- ★ 3 Jason Miller
- ★ 13 Ruth Schell
- ★ 14 Justin Dowdy
- ★ 23 Shonya Klein
- ★ 25 Trent Fiorentin

August Anniversaries

- ★ 5 Derek & Amy Ingle
- ★ 12 Trent & Leah Fiorentin
- ★ 14 Tim & Melody Burkman
- ★ 19 Marvin & Melda Ingle
- ★ 19 Destry & Charity Klein

Moon landing: Buzz Aldrin took Holy Communion, read this Bible verse on lunar surface. NASA Kept it Quiet.



Apollo 11 landed on the Moon on July 20, 1969.

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Fifty years ago, when American astronaut Edwin "Buzz" Aldrin, a devout Christian, made history landing on the moon, the first thing he did was give thanks to God.

Aldrin, seated next to Neil Armstrong, became the first person to celebrate a religious sacrament on a heavenly body outside Earth. The ordained Presbyterian elder wrote in a piece for Guideposts in 1970 he chose Holy Communion because his pastor at Webster Presbyterian, Dean Woodruff, often spoke about how God reveals Himself through the everyday elements.

"I wondered if it might be possible to take communion on the moon," Aldrin recalled a year after the

mission, "symbolizing the thought that God was revealing Himself there, too, as man reached out into the universe. For there are many of us in the NASA program who do trust that what we are doing is part of God's eternal plan for man."

And on July 20, 1969, after the Eagle lunar lander touched down on the surface of the moon, Aldrin pulled out the wafer that was in a plastic packet and the wine, along with a small silver cup provided by his church, which he kept in his "personal-preference kit," before he spoke into the radio, according to the Religion News Service.

"Houston, this is Eagle. This is the LM pilot," Aldrin said, referring to the lunar module, shortly after the Eagle

lunar lander touched down on the surface of the moon July 20, 1969.

"I would like to take this opportunity to ask every person listening in, whoever and wherever they may be," Aldrin said, "to pause for a moment and contemplate the events of the past few hours and to give thanks in his or her own way." Aldrin silently read from John 15:5, which he penned on a 3-by-5-inch notecard: "*And Jesus said: I am the vine, you are the branches. Whoever remains in me, and I in Him, will bear much fruit; for you can do nothing without me.*"

<https://www.foxnews.com/science/moon-landing-bible-apollo-11-buzz-aldrin-communion>